

Maine Safe Ways to School

## Driving Around Walkers

*It is important for kids' health and development to be able to get as much exercise as possible.*

*Biking or walking to school is a great way for kids to be physically active.*

*Please follow these important tips to help keep the roads safe for kids:*

- **Slow down for a livable town**
- **Avoid distractions** such as car phones or eating while driving
- When **backing out of your driveway**, watch for walkers and bikers
- Look for walkers on the sidewalk and bikers in the street
- Watch for walkers and bikers, especially after dark
- Travel at safe speeds to allow for stopping
- Stop at crosswalks when pedestrians are crossing
- Stop at red lights and stop signs
- Stop when "walk" signals are lit
- Obey "no right turn on red" signs
- Expect the unexpected while driving
- Drive defensively
- Look carefully for bicyclists **before opening your car door**
- **"Always look all ways"**<sup>TM</sup>

Maine Safe Ways to School is a partnership of the Maine Department of Transportation, the Bicycle Coalition of Maine, your school, and you! We must all be safe when we are driving, biking, and walking. Please do your part by being a safe and courteous driver, and Share the Road.

For more information and for other biking, walking, and driving tips, go to [www.BikeMaine.org](http://www.BikeMaine.org), or call the Bicycle Coalition of Maine at (207) 623-4511.

"Always look all ways"<sup>TM</sup> and some copy courtesy of Walking in Arlington 10/02

*Families, please review together!*

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## Walking Safety Tips

*Walking to school is a great way to get good exercise and have fun!*

*Here are some tips so you can get around more safely:*

- **Walk on sidewalks** whenever available
- If there aren't any sidewalks, **walk on the left side of the road facing traffic** as far off the road as possible
- **STOP AND LOOK** left, right, then left again before crossing any street
- If you are crossing a street with a traffic light, start crossing only when the white "WALK" sign lights up
- **Watch for cars turning** "right on red" at corners
- Assume that cars cannot see you...people walking are a lot smaller than cars
- **Watch for cars backing out of** driveways
- **Do not cross in front of cars** unless they have stopped and waved you to cross
- **NEVER RUN across the street!** Wait until it is safe and then walk carefully across—you don't want to surprise another car
- If it is getting DARK, **wear white, light, bright-colored clothing** and reflective materials including reflective strips on packs and coats
- **"Always look all ways"**<sup>TM</sup>

*Other things you can do to be even safer walking to school:*

- Walk with other kids
- Ask your family to organize a "walking school bus" with an adult to walk with you
- Take a flashlight if you are walking in the dark so others will see you

Maine Safe Ways to School is a partnership of the Maine Department of Transportation, the Bicycle Coalition of Maine, your school, and you! Walking and driving on the roads requires we all be safe. Please do your part by being a safe and courteous driver or pedestrian, and Share the Road.

For more information on how to "Be A Safe Bike Driver," or for other biking, walking, and driving tips, go to [www.BikeMaine.org](http://www.BikeMaine.org), or call the Bicycle Coalition of Maine at (207) 623-4511.

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# Be a Safe Bike Driver

Riding your bicycle can be great fun. But do you know how to "drive" your bike?  
Riding your bike is just like driving a car--there are rules for bike driving.

## 1 Wear Your Helmet the Right Way

It's the law in Maine to wear a helmet correctly if you are under 16. Do the "Eyes, Ears, Mouth Test™"

- First put on your helmet so it is level and snug--if it slides around, you need to insert thicker pads
- **EYES** - you should see the very edge of your helmet when you look up past your eyebrows
- **EARS** - the straps should meet right under your ear lobes to form a Y
- **MOUTH** - the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head

If you need help, go to a bike shop. Never throw your helmet or leave it in a hot place because it will get damaged (even though you cannot tell). Replace your helmet if it is damaged, no longer fits, or if it is over 5 years old.

## 2 Dress Bright for Safety

- Wear light- or bright-colored clothing so you can be seen
- Tuck away shoelaces or other strings or cords so they don't dangle--they may get caught in the moving parts of your bike
- Loose or baggy clothing can also be dangerous--so make sure you wear snug clothes

## 3 Check Your Bike for Safety

Have your bike checked at least once a year at a bike shop. Check it yourself before biking with the ABC Quick Check:

- **AIR** - pinch the tires, they should be hard
- **BRAKES** - make sure they work and aren't rubbing the tire
- **CRANK/CHAIN** - if there are problems with your gears or if the chain is loose, take it to a bike shop
- **QUICK** - check "quick release levers" and other bolts to make sure they are tight

## 4 Obey the Rules of the Road

- Ride on the right
- Ride single file
- Obey traffic signs, signals, and laws
- Ride straight--no surprises!
- Look back and signal before turning
- Yield to people walking
- Use lights if riding at night (remember to ask your parents for permission)
- Always stop at the end of your driveway--look left, right, then left again before entering the road

When we all drive safely and follow the rules of the road, it is easy to be safe and have fun!

www.BikeMaine.org For more information, contact the Bicycle Coalition of Maine 207-288-3028

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## Maine School Administrative District #51 Cumberland ~ North Yarmouth

Robert G. Hasson, Jr., Ed.D. ~ Superintendent  
Scott D. Poulin ~ Director of Finance, Human Resources and Operations  
Judith H. True ~ Director of Instructional Support

September 18, 2002

Carl Croce  
Director, Bureau of Planning  
Maine Department of Transportation  
16 State House Station  
Augusta, ME 04333

Dear Mr. Croce,

I am writing this letter on behalf of North Yarmouth Safe Walk and Bike Ways Committee and MSAD #51 students in support of paved bike shoulders and sidewalks from the section of Rt. 9 from North Yarmouth Memorial School to the Cumberland town line.

You may have previously received letters describing the severe safety hazards on the road, but I would like to briefly reiterate the issues. There is a lack of facilities for pedestrians, bicyclists, joggers, parents with strollers and NYMS students who bicycle or walk to school or to the town of Cumberland to use the library or to participate in sports.

The North Yarmouth Safe Walk and Bike Ways Committee has been instrumental in moving the project forward for the construction of sidewalks and bike shoulders. The Town of North Yarmouth has committed \$38,500 for its share of the sidewalks and the Dept. of Transportation has committed \$80,000 for the design of the project. The next step is to obtain DOT's commitment for the full construction costs and to have this commitment documented in the upcoming Biannual Transportation Improvement Plan.

The students' safety is foremost on my mind as I give my support to this project and I hope each of you will join me in urging timely construction of sidewalks and bikeway shoulders along Rt. 9.

Sincerely,

*Robert G. Hasson, Jr.*

Robert G. Hasson, Jr. Ed.D.  
Superintendent of MSAD #51

RGH:sc

M.S.A.D. #51 Superintendent's Office • P.O. Box 6A, Cumberland, ME 04021 • Phone 829-4800 FAX 829-4802

**Safe Ways to School Research Project**  
Educational Materials and Letters

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Ellie Tucker  
349 Greely Rd.  
North Yarmouth, ME 04097  
September 12, 2002

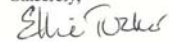
Carl Croce  
Director, Bureau of Planning  
Maine Department of Transportation  
16 State House Station  
Augusta, ME 04333

Dear Mr. Croce:

I am writing to let you know that I very strongly support and encourage a bike/walk path in North Yarmouth. Since I live on the Cumberland/No. Yarmouth town line just off Rt. 9 I notice all the use of the path alongside Rt. 9 in Cumberland. I am an avid runner (early mornings) and now I am afraid to turn left onto Rt. 9 heading into NY. The traffic is busy and there is no shoulder for safety. I have to run in Cumberland-which is very pedestrian friendly.

North Yarmouth is full of runners/walkers/cyclists (especially the kids who want to bike to school) and it's embarrassing that the town, on its main road, cannot safely accommodate those who wish to keep and/or improve their physical and mental health. Please help our neighbors walk/ride/exercise in safety. Please let our children ride bikes to and from school safely.

Sincerely,



Ellie Tucker

Cc:

Jane Lincoln, Deputy Commissioner, DOT,  
David Willauer, Transportation Director, GPCOG  
Roger Gobeil, Division 6 Engineer  
Martin Rooney, Regional Planner, DOT  
Rosemary Kulow, RTAC 6 Chair  
Karl Turner, State Senator, Cumberland Foreside  
Terry McKenney, State Legislator, Cumberland  
Gerry Audibert, Safety Coordinator, MDOT  
John Balicki, Bicycle and Pedestrian Coordinator, DOT  
David Perkins, Chair, North Yarmouth Board of Selectmen